

2002 ROCHESTER RAGING RHINOS

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RHINOS LOOK FOR THREE-PEAT

ROCHESTER RELOADS FOR ANOTHER CHAMPIONSHIP

The last time we saw the Rochester Raging Rhinos, they were holding the 2001 A-League Championship trophy in celebration of their 2-0 win over the Hershey Wildcats in the league title match at Frontier Field. But the Rhinos have learned never to rest on their laurels.

"Striving for excellence and achieving success is a never ending battle," said Rhinos Head Coach Pat Ercoli. "We need to continue to get better. The competition won't stand still for us. They all want a piece of the best so the best has to get better."

Over the past four years, the Rhinos have become card-carrying members of the theory that defense wins championships. Rochester has finished no lower than second in each of the last four seasons in goals allowed, twice leading the league in that category. If that isn't impressive enough, all Rochester did during the off-season was re-unite what may be the most dominant central defender combination in the country.

In February 2002 the Rhinos signed two-time A-League Defender of the Year Scott Schweitzer to a contract that should keep him in a Rhinos uniform for the rest of his career. The five-time league all-star established career highs in assists (4) and points (6) in 2001, while remaining one of the most inspirational members of the green and gold. Joining Schweitzer in the back once again is Craig Demmin. After spending a season playing in the MLS with the Tampa Bay Mutiny, the three-time Rhinos Most Valuable Player returns to Rochester looking to shut down the opposition, as he did from 1998-2000.

"Having Craig back is going to be great," said Schweitzer. "I think we are the perfect compliment to each other. I like to move up at times and create something and he allows me to do that because he is just so dominant defensively that it gives me the confidence to roam a little. And when you have that confidence it makes you a better player."

A mid-season trade brought Bulgarian native Kalin Bankov to Rochester last season where his championship experience proved to be a huge asset. Mali Walton, who captained a USL Soccer All-Star team in England this winter, returns his physical style of play that makes the bravest of opposition sweat. Bill Sedgewick enters his fourth season as a Rhino and lends flexibility to the line-up with his ability to also play in the midfield. Providing midfield and defender experience is crafty Carlos Zavala.

Midfield may be the strongest unit on the club, led by team MVP Lenin Steenkamp. A fan-favorite, Steenkamp ranks near the top of almost every offensive category in team history. Joining Steenkamp in the middle of the Rhinos lineup is Stoian Mladenov, where in just a half a season of play the 25-year old Bulgarian finished with a team best nine goals and tied Steenkamp with 22 points.

Looking at the rest of Rochester's midfield, one would wonder how it could improve. But with Martin Nash and newly acquired Temoc Suarez, an argument could be made that the Rhinos boast one of the best midfields in North America. While team captain Tommy Tanner returns for his seventh season, expect Fairport native Mario Cristofori to see plenty of action in only his second season in the Rhino green and gold.

Scoring goals should come a bit easier for Rochester this season. The Rhinos signed Greg Simmonds over the winter, and after early season knee surgery, should rebound to be the main attraction up front. Simmonds spent most of 2001 with the Miami Fusion of Major League Soccer.

Also returning to Rochester's forward line-up are Kirk Wilson, Jimmy Tanner and Dan Stebbins. Wilson, in his second season with the Rhinos, finished fourth on the club with 11 points last season. After taking the 2001 season off to tend to his business in Milwaukee, Stebbins returns to the Rhinos to add depth and experience. Tanner, the younger brother of Rhinos captain Tommy Tanner, made a name for himself last season with his hard work and timely goals and had a great training camp this April.

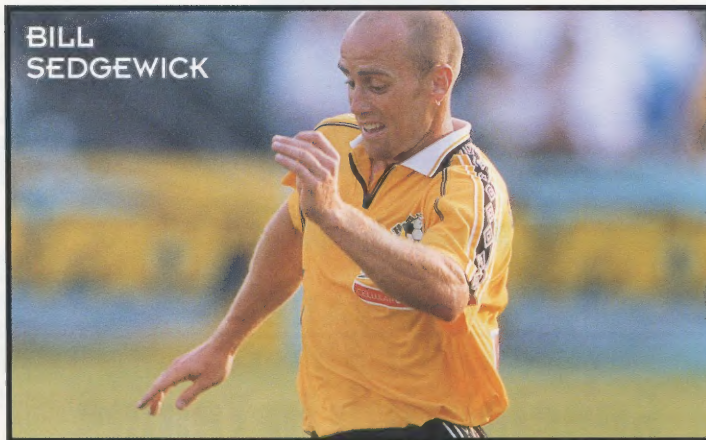
Found a weak spot in the Rhinos line-up yet? You won't find one in the goal either. Scott Vallow returns for his third season between the pipes for Rochester. All Vallow has accomplished in his two seasons in Rochester is earning the 2000 Goalkeeper of the Year award and helping lead the club to back-to-back A-League titles.

Returning to fight for the starting job is the Rhinos all-time leader in goals against average, Pat Onstad. After suffering a season ending wrist injury last June, Onstad will be looking to regain the form that earned him the Goalkeeper of the Year award in 1998. Look for Billy Andracki to see time in case of national team call-ups or injuries.

Basketball coach Pat Riley has the trademark on the term "three-peat". Rhino fans better get out the checkbook - they could be paying big time for that phrase come September.

WRITTEN BY: ERIC TRENDEL

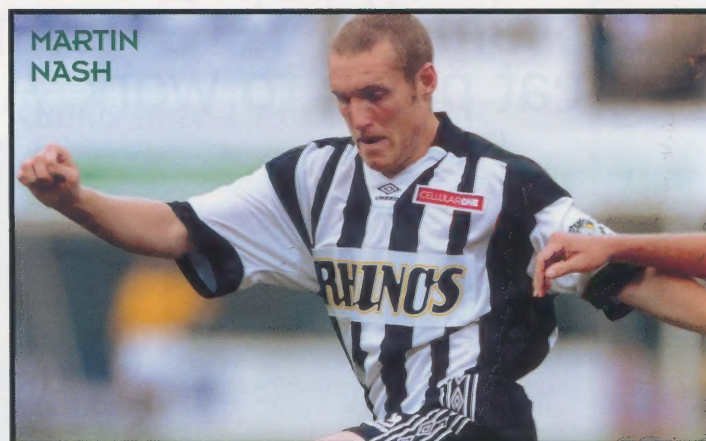
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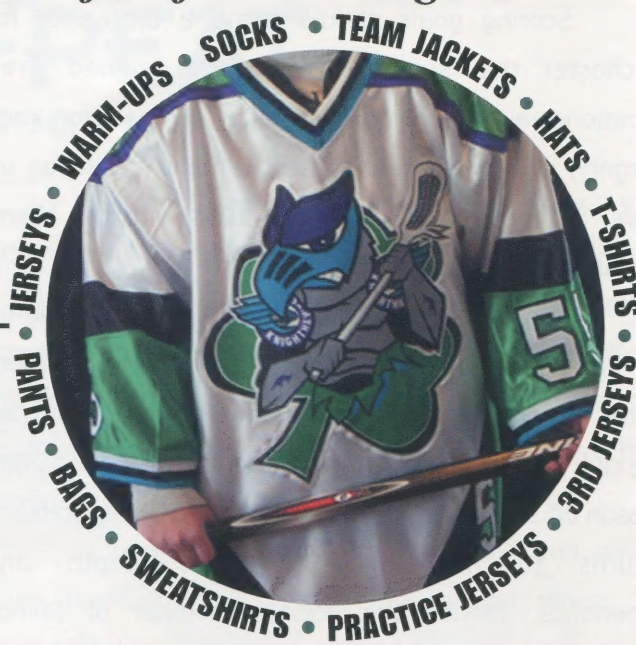


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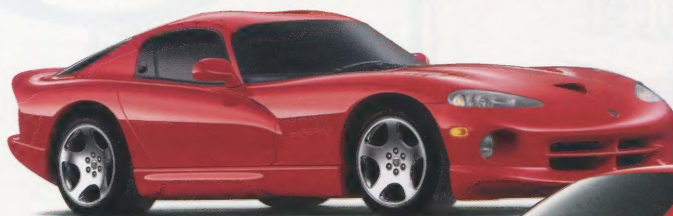


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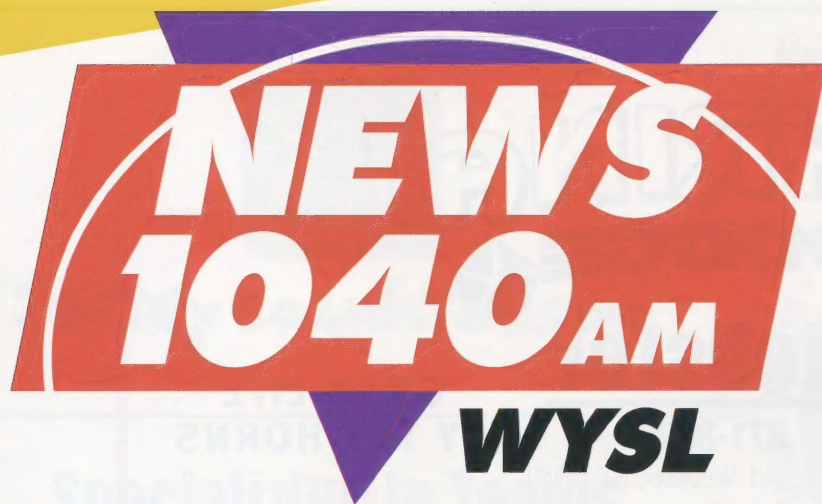
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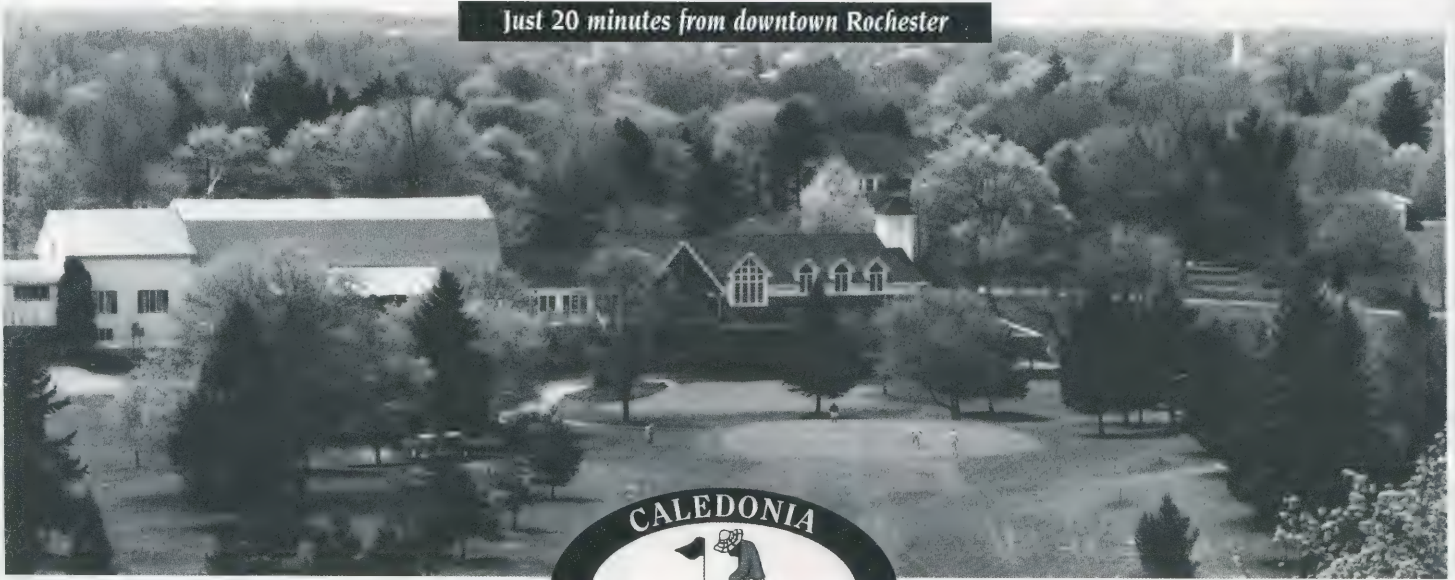
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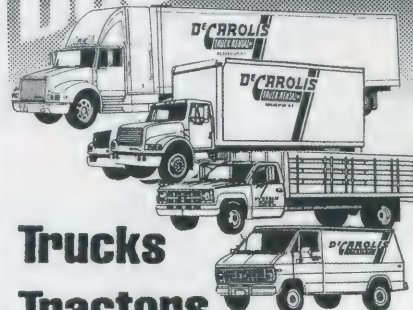
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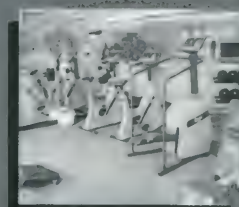
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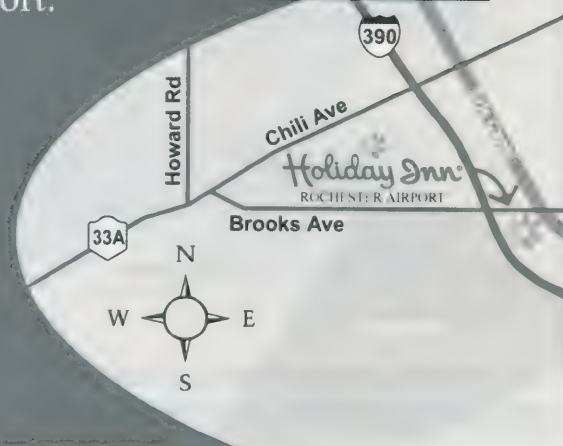
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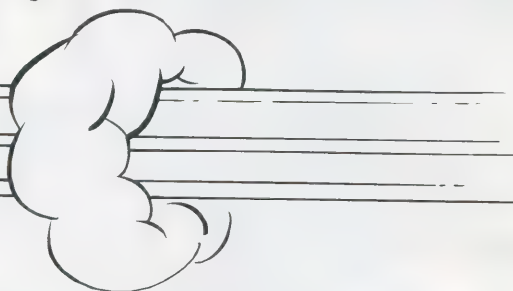
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GAME TIMES: See page 18 for game times. Check with the Frontier Field ticket window for exhibition/playoff game times. The gates to Frontier Field open one hour before game time. Both teams have a 20 minute warm-up session about 40 minutes before each game.

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ROCHESTER RAGING RHINOS 2002 A-LEAGUE SCHEDULE

2002 ROCHESTER RAGING RHINOS SEASONTICKETPRICING

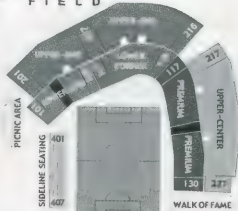
Location	Total Cost	Window Price	Season Price	Savings
Premium	\$250.00	\$19.00	\$13.88	27%
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RHINOS

DATE	TIME	OPPONENT
Saturday, May 4	7:35 p.m.	Pittsburgh Riverhounds
Friday, May 10	8:00 p.m.	Charleston Battery
Saturday, May 18	8:00 p.m.	@ Charlotte Eagles
Friday, May 24	8:00 p.m.	@ Pittsburgh Riverhounds
Friday, May 31	7:35 p.m.	Milwaukee Rampage
Sunday, June 2	6:05 p.m.	@ Pittsburgh Riverhounds
Saturday, June 8	8:00 p.m.	@ Hampton Roads Mariners
Sunday, June 9	7:00 p.m.	@ Richmond Kickers
Friday, June 14	7:35 p.m.	Atlanta Silverbacks
Friday, June 21	7:30 p.m.	@ Montreal Impact
Saturday, June 29	8:00 p.m.	@ Minnesota Thunder
Thursday, July 4	7:35 p.m.	Richmond Kickers
Saturday, July 6	7:35 p.m.	Montreal Impact
Wednesday, July 10	7:30 p.m.	@ Montreal Impact
Saturday, July 13	7:35 p.m.	Toronto Lynx
Sunday, July 14	6:00 p.m.	@ Toronto Lynx
Wednesday, July 24	7:35 p.m.	Charlotte Eagles
Friday, July 26	8:00 p.m.	Montreal Impact
Sunday, July 28	3:05 p.m.	Hampton Roads Mariners
Thursday, August 1	7:30 p.m.	@ Charleston Battery
Saturday, August 3	6:00 p.m.	@ Atlanta Silverbacks
Friday, August 9	7:35 p.m.	Pittsburgh Riverhounds
Friday, August 16	7:30 p.m.	@ Cincinnati Riverhawks
Saturday, August 17	8:00 p.m.	@ Indiana Blast
Friday, August 23	7:30 p.m.	@ Toronto Lynx
Saturday, August 24	7:35 p.m.	Toronto Lynx
Friday, August 30	7:35 p.m.	Charlotte Eagles
Sunday, September 1	6:05 p.m.	Minnesota Thunder

Matches in bold are home games

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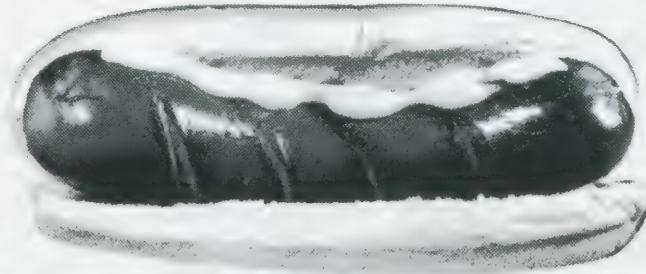
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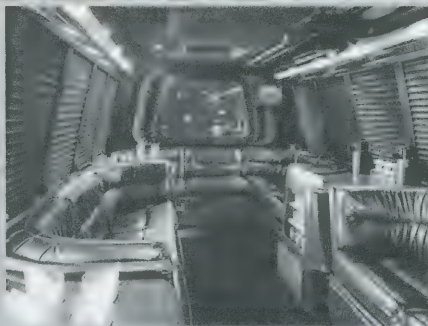
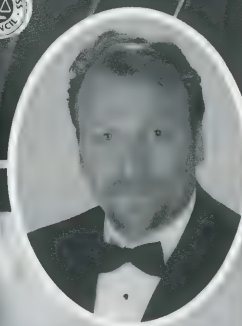
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A CHAT WITH LENIN STEENKAMP, TOMMY TANNER
AND SCOTT SCHWEITZER

RHINOS MAGAZINE: Lenin, Tommy and Scott, the three of you are clearly the leaders of the Rochester Raging Rhinos. Do you feel pride in that or is there any pressure on you knowing that other players turn to you?

SCOTT SCHWEITZER: There is definitely a sense of pride but I wouldn't say there is any pressure at all. The three of us have been here so long that if there is something that we can't handle ourselves, then we go to each other.

LENIN STEENKAMP: No pressure at all being a leader I don't think. I relish it. It gives me an opportunity as somebody who has been here for seven years to pull the guys or the team together when they need it. There certainly is a sense of pride in having younger guys come to you with things.

TOMMY TANNER: I don't feel any pressure. I think being a leader comes naturally. I mean you either are a leader or you're not. It isn't something that you can teach or impose on others. Being a leader is something that is just inherently in somebody's makeup.

RM: Last season the team won the A-League title for the second time in two years. With trying to defend the title, the events of September 11th and the death of Mickey Trotman, was winning the title last year more difficult?

TOMMY: No I wouldn't say that it was any more difficult. All championships are hard to win. I have never won a championship that was easy. People tend to take them for granted and think that just because you have a good team that you should automatically win the championship. There have been many teams that have looked stacked on paper that didn't win the title at the end of the year.

LENIN: I think it is a chance to be the best. That is something that certainly doesn't get easier, whether it is the first time or the second or the third. I think that with

all that happened last season what with 9/11 and Mickey passing that it actually may have helped us a bit. As a team we were able to take that and turn it into positive force that helped drive us.

SCOTT: I wouldn't say that it made it more difficult because winning championships - no matter how good your team is never easy. I think what it did though is made it more memorable than the others because later on when we look back at this one we can say that we won that year despite those things.

RM: After winning two A-League titles in a row, what are your thoughts on trying to do the league "three-peat"?

SCOTT: Anytime you try to repeat it is hard. To be honest with you I hate it when teams repeat unless it is the team that I am on. To be honest with you though it isn't about the rings or the money. The reason I want to win championships is so guys I know around the league or guys that I have played with look and are able to say "Oh man that Schweitzer did it again!"

LENIN: There is a saying that it is hard to become a champion, but it is harder to stay one. We have established something very special here in Rochester and as somebody who has seen it all, we can't and won't settle for anything less.

TOMMY: As I said earlier winning is taken for granted. The best teams don't always win, it is the teams with the most character that win.

RM: You three have been here for a while now. In your time here you have all had opportunities to go and play elsewhere, yet you have stayed in Rochester. What is it that has kept you in Rochester?

LENIN: It is a combination of things really. This is a very talented team - which is something that you don't always have a chance to find. Secondly, most of the



guys have been here a while and you form a special bond with them and become friends. Plus I think the warmth and friendliness that comes from the fans is something that you don't find in most places.

TOMMY: Actually I consider this my home. I am from Syracuse where my friends and family live plus I have played here for seven years now.

SCOTT: I have always said that this is the best place in the United States to play soccer. If you are going to play in the U.S. then you should play in Rochester because you are taking a step back if you aren't. If I couldn't play in Rochester then I might just retire. Luckily I just signed a new contract before this season.

RM: If you guys were to play a sport professionally, other than soccer, what would it be?

SCOTT: (laughing) - You think you know what I am going to say but you don't. I love basketball, but if I were to play a sport professionally it would be baseball. I used to play when I was younger and if you look at the money they make and the work they put into it, why wouldn't you play baseball?

RM: What is your favorite baseball team Scotty?

SCOTT: The Toronto Blue Jays

LENIN: I would play football. I have never played it but I enjoy watching the game a lot.

TOMMY: I would say football also. I don't know what position I would play but hopefully I could make the Dolphins.

RM: Why have the Rhinos been so successful over the past several years?

LENIN: Our unity is a big reason. The organization has made a point of keeping its core players here. Sure you have guys that over the years come and go but the heart of the team is intact. That goes a long way because you get to know the guys you play with every game.

TOMMY: Like Lenin said the nucleus has remained intact. I believe that chemistry wins championships and it takes a while to develop chemistry. We have been here a while and maybe we are a little older but we have the experience that it takes. Take a look and see how many young teams have been successful.

SCOTT: I think it is because we have the most overall talent. Some teams may have a guy or two that are stronger in some areas, but top to bottom this team has the most talent. In addition, the Rhinos have the most character of any team by far!

RM: I am going to ask all three of you this question, but Scotty you are the only one who has experienced this. Do you think Frontier Field is intimidating to the opposition when they step on the field.

LENIN: Most definitely - I think from our perspective the fans certainly lift your game and give you a boost when you need it. So from that aspect I think it is intimidating knowing that the crowd can help give us that extra little boost at times.

SCOTT: Yeah they are intimidating. I mean they will pick out a player and just ride him the whole game. I remember a couple of years ago when (Bill) Sedgewick was with Montreal. The fans picked him out and were all over him. At the same time they are very intelligent and if we make a bad pass or do something wrong they might ride us a little bit too. Personally that kind of stuff doesn't bother me, but I have seen guys crack out there because of the fans.

TOMMY: Hearing the crowd and knowing that 11,000 fans are cheering against you has got to be difficult for teams to deal with. I am glad I am on the other side of it.

RM: What would Rochester's new 20,000 seat, multi-purpose stadium - PaeTec Park - mean to Rochester in your opinion?

LENIN: I think it would be great for the fans and the city. To have a stadium of our own would be much easier, plus I imagine that it would make the Rhinos a bit more financially viable in the long run.

RM: Over the last couple seasons there has been a perception that the Rhino have trouble scoring goals. Is that a fair assumption?

TOMMY: Not at all. I remember in 1998 we were beating teams 7-1 and 6-0 but you know something, the league was a lot weaker then too and we had a great team. The last few years the league has become very strong. In professional sports the object is to win. If you win you keep your job, if you lose you get fired. Personally I don't care what the score is as long as we win.

LENIN: I have noticed that fans in America are used to high scores. Maybe we play a little defensively at times but defense is what wins championships. I would rather win a title 1-0 than lose one 6-5.

SCOTT: You can never please everybody. If we win a game 7-1, somebody will wonder why we gave up a goal.

WRITTEN BY: ERIC TRENDEL

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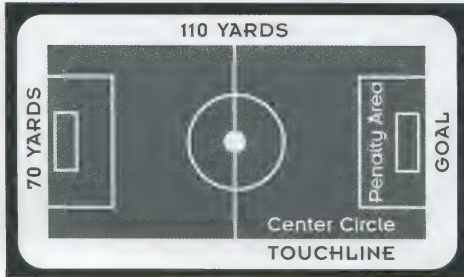
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LAWS OF THE GAME

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LAW 1: FIELD of PLAY



LAW 2: BALL The ball is made of leather or other safe, approved material: 27 to 28 inches in circumference. 14 to 16 inches, inflated to a pressure of 9.0 to 10.5 psi.

LAW 3: NUMBER of PLAYERS A maximum of 11 players on the field for each team. One of whom must be designated as a goalkeeper. Up to four substitutes may be used by each team.

LAW 4: PLAYERS EQUIPMENT Jersey, shorts, stockings, shinguards and shoes. The goalkeeper's jersey color must distinguish him from other players and the referee. A player may not wear anything dangerous to another player.

LAW 5: REFEREE One referee is appointed for each match. He is responsible for enforcement of the laws; serving as timekeeper; disciplining players; stopping the match if, in his opinion, a player has been seriously hurt; preventing persons other than the players and linesmen from entering the field without his permission. All decisions by the referee are final.

LAW 6: LINESMEN Two linesmen are appointed to assist the referee in controlling the match by indicating offsides when a ball has crossed a touchline and which team should put it into play with a throw-in; when a ball has crossed a goal line and whether it should be put back into play with a goal kick or corner kick; when an infraction has been committed; and whether a goal has been scored fairly.

LAW 7: DURATION of the GAME Two equal periods of 45 minutes. The referee may extend the time for long or unusual delays, such as injury or time-wasting by a team. (Note: A-League rules call for a sudden-death overtime period when a match is tied after 105 minutes of regulation play.)

LAW 8: START of PLAY The team that wins the coin flip can either choose which end of the field it wishes to defend or take the kickoff. Each team must remain on its own half of the field and the defending players must be a minimum of ten yards away from the ball until it is kicked forward and rolled its full circumference. A goal cannot be scored directly from the kickoff. After a goal, the team scored upon kicks off. After halftime the kickoff is taken by the team that did not kick off to start the game. Drop ball; When the referee stops play for a reason other than a rule infraction or a delay such as a player injury, he restarts play by dropping the ball where the ball was when the play was stopped. A drop ball is not in play until it hits the ground.

LAW 9: BALL IN and OUT of PLAY The ball is out of play when (A) it has completely crossed the goal-line or touchline, whether on the ground or in the air, or (B) the game has been stopped by the referee. The ball is in play at all times from the beginning to the end of a half, including when it remains on the field after striking the referee, linesmen, goal post, crossbar, or corner flag; and after an assumed infringement of the laws, until the referee stops play.

LAW 10: METHOD of SCORING A goal is scored when the whole ball has passed over the goal line, between the goal posts and under the crossbar while it is legally in play.

LAW 11: OFFSIDE A player is in an offside position if he is nearer to his opponent's goal line than the ball, unless (A) he is in his own half of the field of play, or (B) there are at least two of his opponents as close or closer to their own goal. A player is penalized for being in an offside position only if, at the moment the ball touches or is played by a teammate, he is (in the opinion of the referee) (A) interfering with play with an opponent, or (B) seeking to gain an advantage by being in that position. A player is not declared offside by the referee (A) merely because of his being in an offside position, or (B) if he receives the ball directly from a goal kick, corner kick, or throw-in, or when it has been dropped by the referee.

LAW 12: FOULS and MISCONDUCT A team whose player intentionally attempts or actually kicks, trips, jumps at, charges violently, charges from behind, strikes or spits at, holds or pushes an opponent, or handles the ball is penalized by a direct kick. Any one of these nine offenses committed in the penalty area by a defender results in the awarding of a penalty kick to the attacking team. A team whose player commits less flagrant fouls such as offsides, dangerous play or obstruction is penalized by an indirect free kick. The referee may caution a player (or others) for persistent misconduct, dissent, ungentlemanly conduct or entering the field without permission; the offender is shown a yellow card. The referee also may send off (eject) a player (or others) for foul or abusive language, or persistent misconduct after receiving a caution. The player sent off the field may not be replaced.

LAW 13: FREE KICK A direct free kick from which a goal can be scored directly against the offending team; an indirect free kick from which a goal cannot be scored unless the ball has been touched by another player before entering the goal. In both cases, the offending team's player must be at least ten yards from the ball until the ball has been touched, and the ball must be still. (Note: A-League rules call for defenders to stand at least fifteen yards from the ball on all free kicks.)

LAW 14: PENALTY KICK A direct free kick from the penalty spot. All players except the player taking the kick and the opposing player taking the kick and the opposing goalkeeper must remain outside the penalty area until the ball is kicked. The defending goalkeeper may move laterally along the goal line prior to the striking of the ball, but he may not move forward until the ball is struck by the shooter.

LAW 15: THROW-IN The method for putting the ball back into play after it has wholly passed over the touchline. A player from the team that did not touch the ball last takes the throw-in from the point on the touchline where the ball exited the field; he throws by using both hands to deliver the ball from behind and over his head; a part of each foot is either on the touchline or on the ground outside the touchline. An indirect free kick will be awarded if a goalkeeper picks up the ball with his hands after receiving a throw-in from a teammate.

LAW 16: GOAL KICK The method for putting the ball back into play after it has wholly crossed the goal line after being touched by a player from the attacking team. A player from the team that was defending kicks the ball from his own goal area.

LAW 17: CORNER KICK The method for putting the ball back into play after it has wholly crossed the goal line after being last touched by a player from the defending team. A player from the attacking team kicks the ball from the corner nearest to where the ball exited the field.

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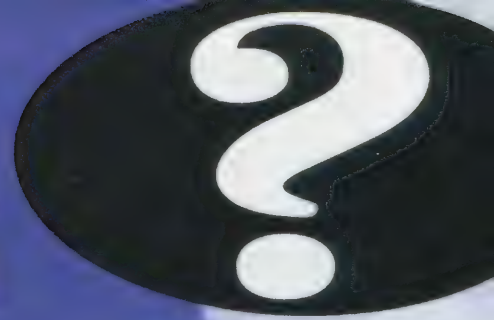
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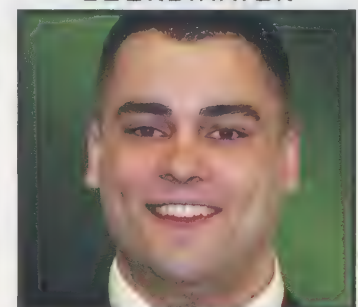
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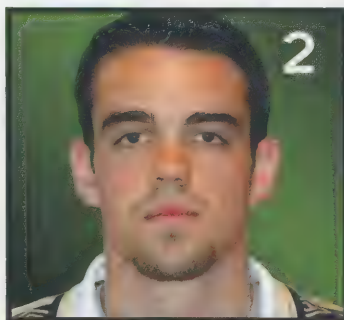
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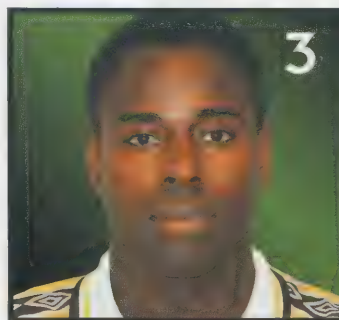
BILLY ANDRACKI
GOALKEEPER

DOB: 5/25/69 6'0" 185
Prince William, VA
Last Club: Rochester (A)



RYAN DINUNZIO
DEFENDER

DOB: 8/21/80 6'0" 180
Kenmore, NY
Last Club: Univ. of New Hampshire



CRAIG DEMMIN
DEFENDER

DOB: 5/21/71 6'2" 195
Arima, Trinidad
Last Club: Tampa Bay (MLS)



SCOTT SCHWEITZER
DEFENDER

DOB: 8/12/71 5'11" 165
Rahway, NJ
Last Club: Rochester (A)



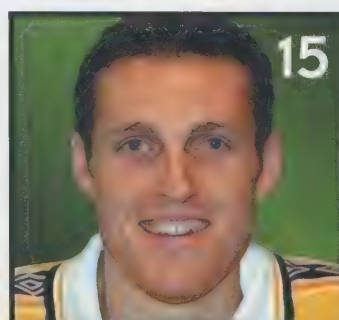
STOJAN MLADENOV
MIDFIELDER

DOB: 10/2/75 6'0" 165
Rousse, Bulgaria
Last Club: Rochester (A)



BILL SEDGEWICK
DEFENDER

DOB: 10/2/71 6'0" 185
Wheatridge, CO
Last Club: Rochester (A)



MARTIN NASH
MIDFIELDER

DOB: 12/27/75 5'10" 165
Victoria, BC
Last Club: Rochester (A)



KALIN BANKOV
DEFENDER

DOB: 5/11/65 5'11" 165
Sofia, Bulgaria
Last Club: Rochester (A)



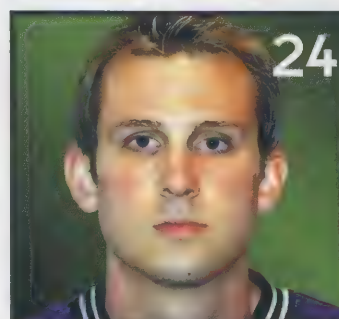
DAN STEBBINS
FORWARD

DOB: 11/13/69 5'10" 170
Milwaukee, WI
Last Club: Rochester (A)



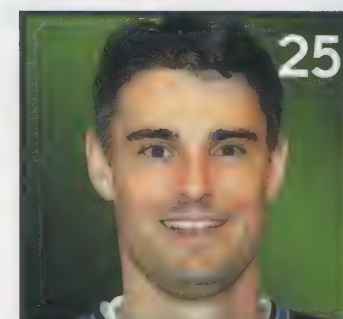
LENIN STEENKAMP
MIDFIELDER

DOB: 9/9/69 6'0" 180
Durban, South Africa
Last Club: Rochester (A)



SCOTT VALLOW
GOALKEEPER

DOB: 6/8/77 6'3" 195
Modesto, CA
Last Club: Rochester (A)



PAT ONSTAD
GOALKEEPER

DOB: 1/13/68 6'4" 215
Vancouver, BC
Last Club: Rochester (A)



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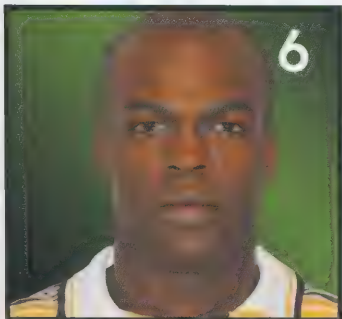
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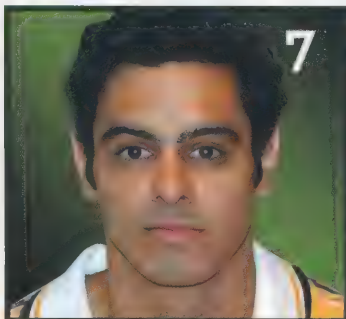
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DEFENDER

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Last Club: Rochester (A)



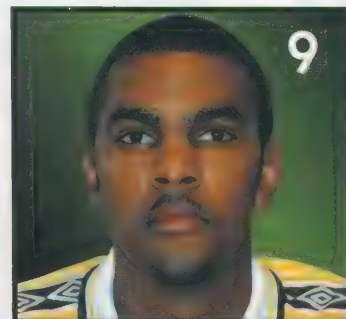
TEMOC SUAREZ
MIDFIELDER

DOB: 4/19/75 5'7" 155
Greenwood, SC
Last Club: Connecticut Wolves (A)



TOMMY TANNER
MIDFIELDER

DOB: 3/10/68 5'8" 150
Syracuse, NY
Last Club: Rochester (A)



GREG SIMMONDS
FORWARD

DOB: 12/16/75 6'3" 190
Germantown, MD
Last Club: Miami (MLS)



MARIO CRISTOFORI
MIDFIELDER

DOB: 7/12/79 5'11" 180
Fairport, NY
Last Club: Rochester (A)



DIMITAR STOJANOV
MIDFIELDER

DOB: 10/15/80 6'2" 175
Bitola, Macedonia
Last Club: Rochester (A)



JIMMY TANNER
FORWARD

DOB: 8/4/78 6'2" 175
Syracuse, NY
Last Club: Rochester (A)



KIRK WILSON
FORWARD

DOB: 10/7/77 5'10" 165
Torrence, CA
Last Club: Rochester (A)

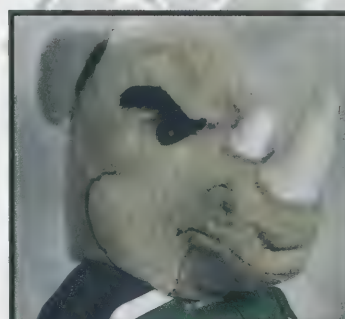


CARLOS ZAVALA
DEFENDER

DOB: 6/11/69 5'11" 175
Toluca, Mexico
Last Club: Rochester (A)



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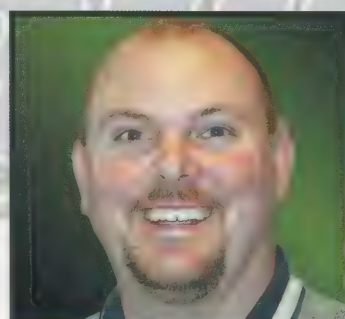
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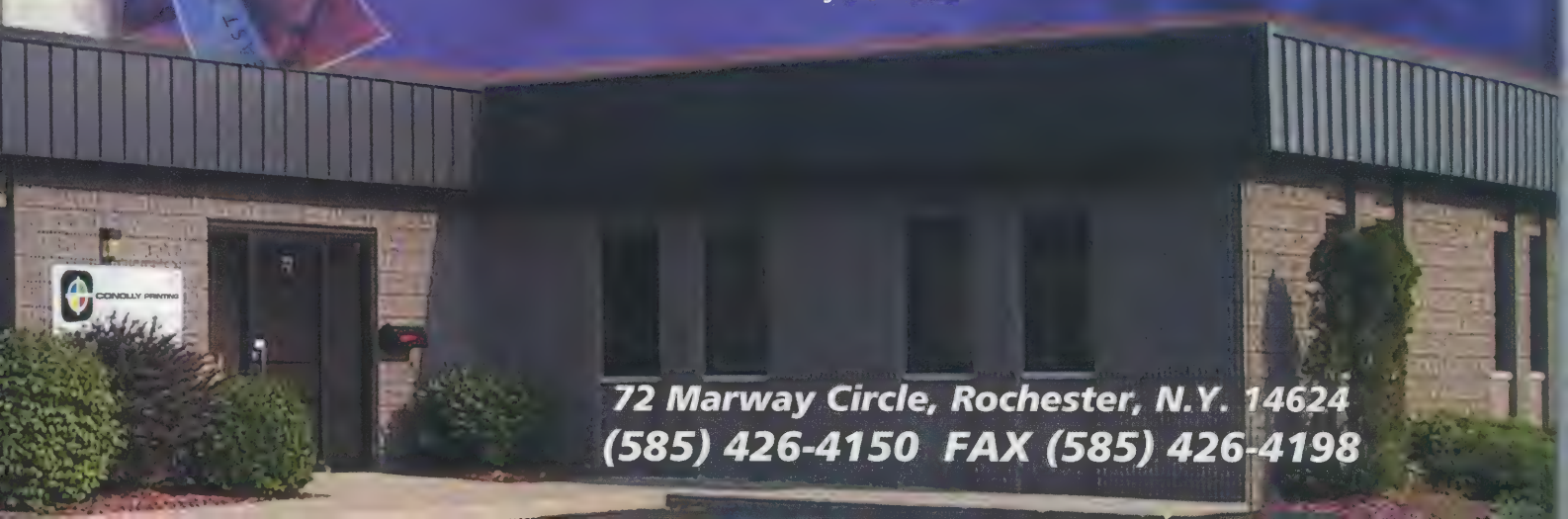
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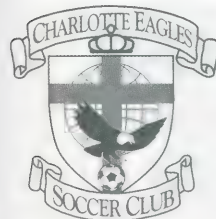
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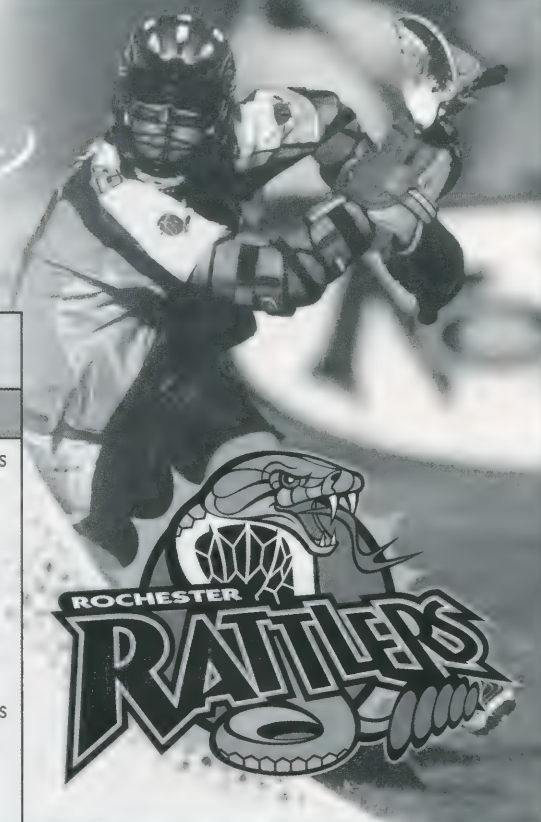
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End Zone (Sections 117-120)	\$72.00	\$14.00	\$12.00	14%	Saturday, June 22*	7:30 p.m.	New Jersey Pride
Rattle Zone (Sections 217-220)	\$48.00	\$10.00	\$8.00	20%	Thursday, June 27	7:30 p.m.	@ New Jersey Pride
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					Friday, July 12	7:35 p.m.	Bridgeport Barrage
					Saturday, July 20	7:30 p.m.	@ Long Island Lizards
					Thursday, July 25	7:00 p.m.	@ Bridgeport Barrage
					Saturday, July 27	7:35 p.m.	New Jersey Pride
					Saturday, August 3	7:30 p.m.	@ Baltimore Bayhawks
					Thursday, August 8	7:35 p.m.	Baltimore Bayhawks
					Saturday, August 10	7:35 p.m.	Boston Cannons
					Sunday, August 18	4:00 p.m.	@ New Jersey Pride

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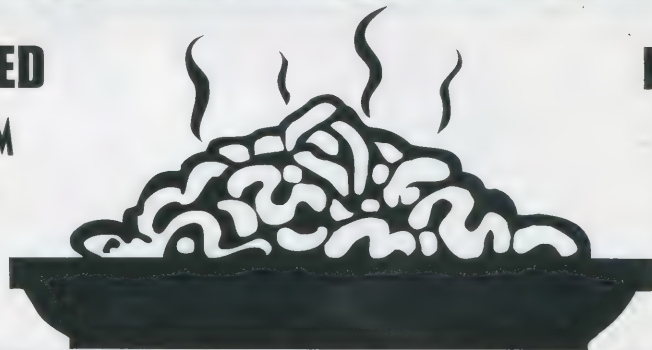


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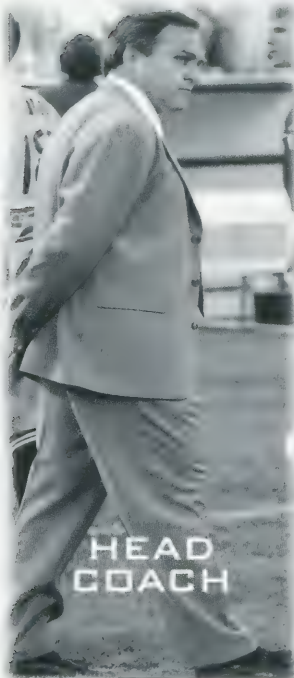
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SOCCER TERMINOLOGY

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ADVANTAGE CLAUSE: Applied by the referee when, in his opinion, calling a foul would give an advantage to the offending team. No foul is called and the referee signals "play on."

CAUTION: A disciplinary action taken by the referee against a player (or others) for the persistent misconduct, dissent, ungentlemanly conduct or entering the field without permission. The offender is shown a yellow card; a second offense brings a red card and the player is ejected from the match.

CENTER: A ball passed from a wide position on the field into the penalty area. Also called a "cross."

CHIP: Pass lofted high over an opponent or opponents to a teammate.

CHARGE: Use of the shoulder to force an attacker off-balance and gain possession of the ball.

CLEARANCE: A ball thrown (by the goalkeeper), kicked or headed by the defending team away from its own penalty area.

CORNER KICK: Direct free kick taken by an attacking player from the corner of the defending team's end of the field. A corner kick is awarded if a ball was last touched by the defending team before going over the defending team's goal line (but not into the goal.)

DEFENDER: Player who ordinarily is positioned near his own goal behind the midfielders and forwards and whose primary responsibility is the prevention of the opponent from scoring. Also called "fullback".

DIRECT FREE KICK: Usually awarded after a foul, the ball is placed in a stationary position and may be kicked directly into the opposition's goal without first being touched by another attacker. Corner kicks and penalty kicks are also direct free kicks.

DRIBBLE: Action of a player who advances the ball with a series of short taps with the feet.

DROP BALL: Ball dropped by the referee between two opposing players to restart a game after a play has been stopped for a no-penalty situation.

EJECTION: A disciplinary action taken by the referee against a player (or others) for violent conduct and/or serious foul play, foul or abusive language, or persistent misconduct after receiving a caution (yellow card). The offender is shown a red card and sent off the field. He may not be replaced by another player.

4-4-2: A team formation that has four defenders, four midfielders, and two forwards.

FIRST-TIME PASS: Ball passed without the player first stopping it. Also called "one touch".

FORWARD: Player who ordinarily is positioned ahead of the midfielders and whose primary responsibility is to create and score goals. An inside forward is called a "striker."

GOALKEEPER: Player who is positioned in his goalmouth and whose primary responsibility is the prevention of goals by the opposition. The goalkeeper may use his hands while he is in his own penalty area, and his uniform must contrast with those of the field players on both teams.

GOAL KICK: Indirect free kick taken by a defending player from the defending team's goal area. A goal kick is awarded when a ball was last touched by the attacking team before going over the defending team's goal line (but not into the goal).

HALF-VOLLEY: Kick taken just as the ball bounces off the ground.

HAND BALL: A ball touched illegally by a player's hand or arm.

HEADING: Use of the head; usually the forehead at the hairline to pass, shoot, clear or control the ball.

INDIRECT FREE KICK: Usually awarded after a minor infraction, the ball is placed in a stationary position and may not be kicked directly into the opposition's goal without first being touched by another attacker.

KICKOFF: A ball placed in the center spot at midfield and kicked forward by an attacking player; used to start the game at the beginning of each half and after a goal has been scored. A goal cannot be scored directly from a kickoff.

LINESMAN: Two officials, each equipped with a flag, who assist the referee from the touchlines by signaling off-sides, when a ball has gone out of bounds and when a foul has been committed. The referee may choose not to act on a lineman's call.

MARK: Guarding an attacking player.

MIDFIELDER: Player who ordinarily is positioned in front of the defenders and behind the forwards, whose primary responsibility is to create a link between the defenders and forwards. Also called "halfback."

NUTMEG: A ball played by an attacking player between the legs of a marker and retrieved by the same attacking player.

OBSTRUCTION: Action of a player who impedes an opponent by standing in or moving into his path without attempting to play the ball.

OFFSIDE: Position of an attacking player if he is between his opponent's goal line and the ball when the ball is played unless he is on his own half of the field or two opponents are no farther from the goal line than the attacking player. A player cannot be offside if he receives the ball directly from a corner kick, goal kick, throw-in or drop ball situation.

OFFSIDE TRAP: Maneuver by a defense whereby the defenders move toward the opposing team's goal during an attack by the opposition to catch at least one attacker in an offside position.

OVERLAP: An attacking run by a defender that carries him past his own midfielders.

PENALTY KICK: Direct free kick from the penalty spot after a major foul has been committed by the defending team in its own penalty area. The opposing goalkeeper must remain stationary on his goal line between the goal posts and other players must be outside the penalty area; the ball is kicked by an attacking player.

REFEREE: The official in charge of the match. Primary responsibilities are to protect the players and serve as an official timekeeper.

SAVE: A ball caught, deflected, or otherwise prevented by the goalkeeper from going into the goal.

SHIELD: A dribbler who prevents an opponent from taking the ball by keeping himself between an opponent and the ball.

SHOT: The kicking or heading of the ball toward the goal with the intention of scoring.

SQUARE PASS: A lateral pass.

STOPPER: A central defender whose primary responsibility is to mark the opposing center forward or striker.

SWEEPER: A defender who is free to roam in front of and/or behind his team's defensive line.

TACKLE: An attempt to dispossess an attacker of the ball. A common tackle is the slide tackle, which involves a sliding attempt to kick away the ball.

THROUGH PASS: Pass that travels toward the goal between two or more defenders to a teammate, putting him in a position to score.

THROW-IN: A throw executed by an attacking player from outside the touchline. A throw-in is awarded against the team that last touched the ball before it crossed the touchline. The player taking the throw-in must throw the ball onto the field over his head using both hands; he must also keep both feet on the ground either outside or on the touchline.

TRAP: The use of the foot, thigh, chest, etc., by a player to bring a ball under control.

VOLLEY: Kick taken before a ball bounces on the ground.

WALL: A line of three or more players positioned at least ten yards from the ball; used to help defend against a free kick.

WALL PASS: Pass in which an attacker sends the ball to a teammate (the "wall") who immediately plays the ball back to the attacker who has to run to an open space. Also called "give and go" or "one-two."

WING: Area of the field near the touchlines

WINGER: An outside forward. Outside defenders are sometimes called "wingbacks."

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He's baaaacck! Rochester's biggest soccer promoter and Rhino supporter - Soccer Sam - returns to the television airwaves this season as the Rochester Raging Rhinos present The Soccer Sam TV Show on WRWB WB-16 television every Saturday at 12:00 noon.

He's wacky, wild and loves the game of soccer. Soccer Sam has a lifelong devotion to "the beautiful game", and you won't find a more fun way to watch and learn about the Rhinos and soccer. Soccer Sam will anchor the show weekly, but look for special guest hosts and characters to appear to lend their soccer expertise.

Rochester Raging Rhino player features will highlight the half-hour show, with interview sessions and "up close and personal" segments with players. A weekly soccer tip feature by the coach, players and training staff, along with "Inside the Rhinos" segments bring the fans closer to the team than ever before.

News, notes and information about the A-League, Major League Soccer and the upcoming World Cup will be highlighted, as well as local youth soccer, club teams and high school and college news.

For kids of all ages it's a must see every Saturday at 12:00 noon on WB-16 - the Soccer Sam TV Show returns to Rochester bigger and better than ever.



Strength Training For A Healthier You

Strength training is an important part of any exercise program. Strength training refers to strengthening and conditioning the overall body in terms of muscular balance. Strength training strengthens the tendons, ligaments and joints to lower the risk of injury and increase the body's efficiency. The goal of a strength-training program is to correct any imbalances in the musculo-skeletal system, which greatly reduces the risk of injury to the muscles, tendons, and ligaments. With this goal obtained you will see improvements in the efficiency of your daily activities. For example, back pain is a common problem. This is especially true with people who must lift heavy objects and bend over constantly or with people who must sit for long hours. It would seem that these jobs are the cause of back pain. However, the real problem may be an imbalance in the muscles. Sitting for long hours in a non-supportive chair will cause certain muscles to relax, forcing other muscles to contract even more to compensate for the relaxed muscles. The result is back pain. A strength program is aimed at strengthening all muscles, both the major muscles and small supportive muscles. Therefore, a well-designed strength program would strengthen all muscles, allowing a person to lift and bend or sit for long hours without the pain.

A balanced muscular system is important for injury prevention. Over use injuries are very common in an unbalanced muscular system. Each muscle group has an antagonist, or opposite, muscle group. If both muscles are not equally strong, and equally flexible, the chance of injury is greatly increased. For example, the front of the thighs, the quadriceps, are usually better developed in most people than the back of the legs, the hamstrings. This imbalance increases the chances of pulling the hamstring muscles. In the case of the back pain, the abdominals often overpower the erector spinae muscles of the lower back causing excessive pulling, creating back pain. Overuse injuries develop over long periods of time. Without a conscious attempt to understand where the imbalances in your body exist, and taking steps to correct them, the stronger muscles become stronger, the weaker muscles become weaker, and the imbalance becomes greater.

There are often benefits to a strength-training program. Strength training will increase lean muscle tissue causing your metabolic rate to increase. Muscle burns more calories at rest than fat. Therefore an increase in muscle mass will result in faster and more efficient metabolism. Strength training coupled with some form of aerobic activity will result in a change in your body composition or muscle to fat ratio. While aerobics and dieting will help you lose weight, some of that weight is muscle and you may end up with a greater fat percentage than before you started. The combination of strength training and aerobic exercise will most effectively bring about changes to your body composition and also your personal appearance.

A strength-training program is one that strengthens the body, obviously. Generally, one to three sets are performed for each exercise. Usually, for strength purposes, 8 -12 repetitions are performed on each set. When using strength programs, all movements should be done with full control of the weight. This means you should use a slow controlled movement at all times. Proper form and slow controlled movements are the best techniques to achieve good results. When exercising, remember to warm up and stretch properly. When performing each exercise movement, be sure to use a full range of motion to ensure flexibility and a fuller contraction of the muscle. This type of program should be used 2 - 3 times per week. Advanced weight trainers may even try 4 days a week, but increasing the frequency of workouts any higher may result in over-training, thus working against the body and your goals.



**Written & Researched by:
Robert J. Bovee**

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A YEAR TO REMEMBER

THE RHINOS 2001 CHAMPIONSHIP RUN

Entering the 2001 A-League season, the Rochester Raging Rhinos were coming off their second league title in three seasons. Coupled with the fact that two years prior the Rhinos became the first A-League franchise since the inception of Major League Soccer to capture the U.S. Open Cup, there was no doubt that Rochester had a lot to live up to.

Many doubted whether the Rhinos could win another championship when training camp began in April. Four consecutive seasons of winning a championship is not an easy task to do. Eventually the odds are stacked against you.

Any professional sports team undergoes player personnel changes when on top. Championship Game Most Valuable Player Onandi Lowe left the country for a brief stint in England before settling down with the Kansas City Wizards of the MLS. Forward Dan Stebbins, who made a major impact in a short time (seven goals in 12 games), retired to tend to his business in Milwaukee. Rochester would also play the 2001 campaign without two of the greatest players in their history - midfielder Yari Allnutt and defender Craig Demmin. Allnutt, the team's third all-time leading scorer graduated to the New England Revolution while Demmin, the Rhinos three-time Most Valuable Player secured a spot with the Tampa Bay Mutiny.

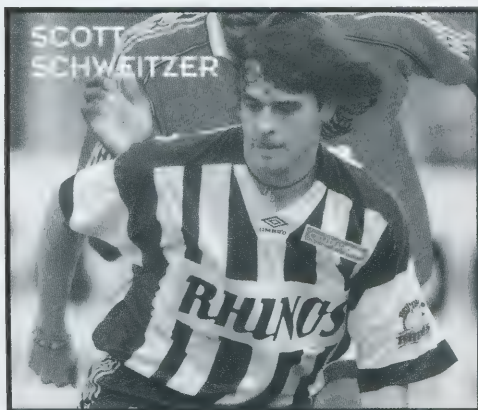
The Rhinos needed to reload after the loss of these players. Rochester reacquired a face familiar to Rhinos fans, Fuseini Dauda. Dauda, a physical presence,

saw action in a Rhinos uniform from 1996-98 before leaving to play in Belgium. Another player to provide some lasting memories in the minds of Rochester soccer fans is goalkeeper Pat Onstad. After spending the 2000 season playing with Dundee United of the Scottish Premier League, Onstad re-joined his former mates and along with Billy Andracki and Scott Vallow gave the Rhinos arguably the most dominant goalkeeping trio in all of North American soccer.

Rochester pulled off a deal with the Hershey Wildcats that saw high-scoring forward Jamel Mitchell come to town in exchange for Eduardo Sebrango. Mitchell wasn't the only goal scorer that was new in town. Former A-League All-Stars Mickey Trotman and Kirk Wilson also decided to call Rochester home.

The Rhinos began the season with a 4-1-2 record to lead the Northeast Conference, although they had scored just five goals in their last six matches. Rhinos management swapped midfielders with the Minnesota Thunder, bringing in veteran Stoian Mladenov to Rochester in exchange for Carlos Parra, who the Rhinos had signed before the start of the season.

Mladenov joined the Rhinos lineup on July 14 in a game that saw the Toronto Lynx visit Frontier Field. The 25 year-old Bulgarian tallied his first goal as a Rhino while fellow midfielder Lenin Steenkamp collected the game-winner in overtime. The duo would provide many thrills during the course of the summer.



STOIAN
MLADENOV



The Rhinos recorded seven wins and one tie in their next nine contests while the midfield combination of Mladenov and Steenkamp became downright offensive. During that nine game stretch Mladenov scored six goals and added seven assists while Steenkamp kicked in six goals of his own, four of them game-winners.

Rochester wasn't able to continue their hot streak as they won just once in their next four games and were overtaken by Hershey in the standings. The Rhinos recent woes caused concern among the faithful that maybe 2001 finally wasn't the year of the Rhino.

Rochester won the next two games handily over Long Island and Connecticut but had a major obstacle to overcome during the season finale against the Long Island Rough Riders at Frontier Field. The chances of winning the Northeast Conference were slim as Hershey held the lead with just one game remaining. The goal for the Rhinos was to earn a bye in the first-round of the A-League playoffs. To do that Rochester had to beat the Rough Riders and they had to earn the bonus point (score 3+ goals in a game).

Three second half markers against the Rough Riders, including a goal by Mitchell with four minutes left clinched a bye and the Rhinos had a chance to rest their weary legs before the playoff run.

For the Rhinos, a well-deserved bye week turned into two. On September 11th, the day before the A-League was set to open the first round of the playoffs, terrorist attacks on New York City and Washington, D.C. brought the famed World Trade Center to the ground

killing thousands while another attack on the Pentagon killed hundreds more.

The playoffs began for Rochester as they traveled to Pittsburgh in a two-game aggregate goals series. The Rhinos scored first when in the 25th minute Stoian Mladenov converted a penalty kick to give the visitors a 1-0 lead. Pittsburgh tied the score when Welton scored, then John Jones tallied his first goal with nine minutes to play, sending the Rhinos back to Rochester with a 2-1 loss.

When game two of the series began, many wondered how much more the Rhinos had left. In what was the most physical match of the season the Rhinos got on the scoreboard first just 15 minutes into the game, when Martin Nash one-timed a pass from Mladenov to beat Riverhounds goalkeeper Randy Dedini from 25 yards. The Rhinos added to their lead when Neathan Gibson scored, and Jimmy Tanner added an insurance goal in the 90th minute to win the series.

"I thought at that point that Pittsburgh was our toughest competition and to come back and knock them out, I thought we were clearly the favorites to win the A-League," said Scott Schweitzer.

With Rochester in Milwaukee on October 3 preparing for Game One of the A-League Semi-Finals tragedy struck again, although this time it was closer to home. Early that morning the Rhinos learned that their teammate, forward Mickey Trotman was killed in a car accident while away in Trinidad preparing for a match with the Trinidad & Tobago National Team. With the players and coaches in shock, the A-League at the request of the Rhinos and the cooperation of the Rampage, agreed to postpone the match one night.

The next night in Milwaukee the Rhinos took the field with a heavy heart and a more unified goal - winning a championship for Mickey. Just two minutes into the game Lenin Steenkamp blasted a shot past Milwaukee netminder Dan Popik. The Rhinos increased the lead to 2-0 when Nate Daligcon finished off a nifty

CONTINUED ON PAGE 63



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A YEAR TO REMEMBER

THE RHINOS 2001 CHAMPIONSHIP RUN

CONTINUED FROM PAGE 59

pass from Bill Sedgewick in the 15th minute. Milwaukee battled back to tie the game at 2-2 with just under 30 minutes left to play. Rochester's Neathan Gibson found the net for the second time during the postseason and Rochester led 3-2 and held on to win.

"Losing Mickey was like having one of your family members pass away," said defender Carlos Zavala. "As a team we met in Milwaukee and talked about it and at that point we became more focused and determined to win the championship in Mickey's honor."

In Game Two the Rhinos simply needed to tie to advance to the finals. Rochester dominated the match en route to a 1-0 win and a trip to the A-League Championship for the fourth year in a row and the fifth time in six seasons.

The 2001 A-League Championship Game against the Hershey Wildcats featured the two best teams in the league, two bitter rivals and the two stingiest teams to play that season. "Going into the game we knew that Hershey was strong on defense and in goal," said Scott Vallow. "Neither team was going to have many opportunities to score and it would come down to who was able to put the chances away."

The final match featured two airtight defenses along with two of the league's best goalkeepers. Every player on the field knew that one mistake could lead to a goal and most assuredly a championship for the other

team. In the 63rd minute Mladenov settled the ball with his right foot, before playing it to his left and scoring on a lunging left-footer between two Hershey defenders.

Rochester added an insurance goal in the 87th minute when Mladenov recorded his second goal of the game. Kirk Wilson stripped the ball from a Hershey defender and took a shot that beat Busch to his left and rang off the goalpost. The rebound landed at the feet of Jimmy Tanner who calmly played it to Mladenov. He rolled his shot past Hershey keeper Jon Busch and set off an eruption of cheers from the Rhino faithful at Frontier Field.

The 2001 campaign was a difficult season that tested the Rhinos resolve more than ever. The season saw a team come together during training camp to try and defy the odds and win yet another championship. They battled through the adversity of a national tragedy and the loss of a teammate while at the same time unifying under a common goal. Back-to-back championships and a year to remember.

WRITTEN BY: ERIC TRENDL

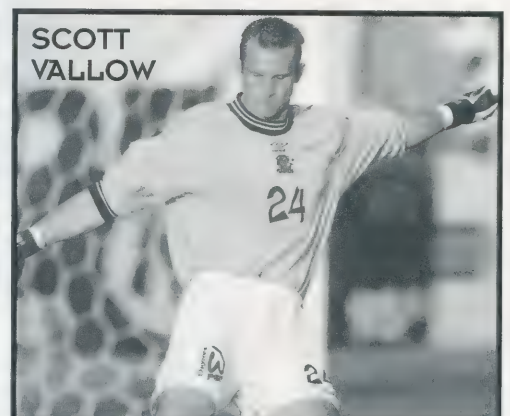
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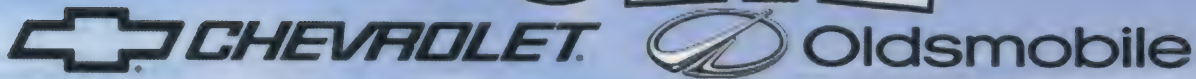
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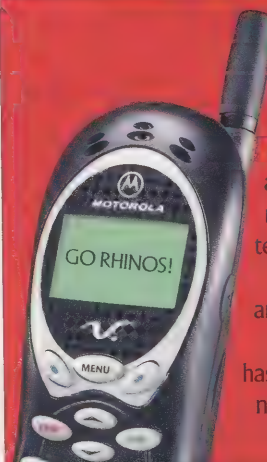


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Soccer fans in Rochester have learned to be patient.

When the Rochester Raging Rhinos finally captured their third A-League title in four seasons last fall, the playoff schedule was pushed back two weeks because of the September 11 tragedy.

When the Rhinos had trouble scoring goals in the early part of the 2002 season, Rhinos Head Coach Pat Ercoli laid trust in his forwards and midfielders that they would eventually find the back of the net. They did.

When PaeTec Park, Rochester's 20,000-seat, multi-purpose outdoor stadium, changed sites from the downtown High Falls area to the Rochester Technology Park in the western suburb of Gates, fans understood that for PaeTec Park to become a reality, good things happen to those who wait.

The future home of the Rhinos is waiting for a final authorization from the Greater Rochester Sports Authority to begin construction of the state-of-the-art stadium. Rhinos President Frank DuRoss is optimistic that shovels will hit the ground sometime this year.

"We are in a critical stage of timely decision-making among all parties," said DuRoss. "To make PaeTec Park financially viable, we need to start constructing this stadium. I'm sure that all parties will come to an agreement soon and the Rochester community will realize its dream of a world-class, multi-use stadium."

While the construction phase of the new stadium waits, the behind-the-scenes business opportunities for the Rhinos continue to grow. The naming rights to the stadium - PaeTec Park -

have been agreed upon with local communications technology firm PaeTec Communications. Most of the luxury suites have been committed to local and national companies. The land at Rochester Technology Park will be donated to the Greater Rochester Sports Authority. Sponsorship and ticket sales have never been stronger despite the economy.

The Rhinos have also been making contacts both locally and nationally for potential users of the stadium. Area high schools and colleges have shown interest in putting a schedule together for football, soccer, lacrosse and field hockey, while local youth sports organizations have also inquired about the availability of PaeTec Park for championship games.

The Empire Statesmen - world champions in marching band competitions - are looking for a permanent home in the Rochester area. Various festivals and music groups have taken note about the opening of the stadium. Rochester's first multi-use facility that seats over 15,000 fans is expected to be busy once it opens. Since Holleder Stadium was demolished, this community been unable to utilize a facility for major competitions and shows.

So the time has come for Rochester to realize a dream, building a world-class stadium that would put the Rhinos, PaeTec Park and the city of Rochester in the national spotlight. A facility that would interest people of all ages, and improve the quality of life in Monroe County and the surrounding areas. A stadium that would make the citizens proud.

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